

Full Report (All Nutrients) 45098169, CRUNCHY MAMA GRANOLA, BERRY MY HEART, GRANOLA, UPC: 713757382328

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Report Date: May 18, 2017 11:05 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Cowrind Studios, Inc.

Nutrient	Unit	Data points	Std. Error	1 oz 28g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	130	464
Protein	g	--	--	4.00	14.29
Total lipid (fat)	g	--	--	6.00	21.43
Carbohydrate, by difference	g	--	--	15.00	53.57
Fiber, total dietary	g	--	--	3.0	10.7
Sugars, total	g	--	--	2.00	7.14
Minerals					
Calcium, Ca	mg	--	--	20	71
Iron, Fe	mg	--	--	1.08	3.86
Sodium, Na	mg	--	--	10	36
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	200	714
Lipids					
Fatty acids, total saturated	g	--	--	0.501	1.790
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

ORGANIC THICK CUT OATS, WALNUTS, ALMONDS, APPLE SAUCE, PUMPKIN, BLUEBERRIES, PUMPKIN SEEDS, SUNFLOWER SEEDS, COCOA NIBS, MAPLE SYRUP, GROUND FLAX SEED, VANILLA, SPICES *Date Last Updated by Company: 04/21/2016*